Group Fitness/Aquafit/Spinfit Schedule

DROP-IN/ONGOING CLASSES: August 31 - December 20, 2026
Registered Programs: Session dates vary. See individual program listings for details.

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:30-7:15 am	PowerPump Eduardo Fitness Studio	*New Addition!* Fusion Fitness Eduardo Fitness Studio	Bootcamp Eduardo Fitness Studio		Spinfit Marc Spinfit Studio		
7:15-8:00 am				PowerPump Eduardo Fitness Studio			
8:15-9:00 am	Core Stability Sarah Fitness Studio	Core Yoga Joanne Social Hall		Yoga Flow Holly Social Hall	Mat Pilates Ann Social Hall		
8:45-9:15 am			Core Strength Ryan Fitness Studio				
8:30-9:15 am	Nordic Walking Ryan Front of SJCC						
9:00-10:00 am							Zumba Amy Fitness Studio
9:15-10:15 am	PowerPump Carla Fitness Studio	Ballet Barre Fit Kirsten Fitness Studio	Bootcamp Debora Fitness Studio	Fusion Fitness Constance Fitness Studio	Bootcamp Ryan Fitness Studio	Shine Dance Fitness Stacey Fitness Studio	
9:30-10:15 am	AquaWaves Kathy Indoor Pool	AquaWaves Margaret Indoor Pool	AquaWaves Kathy Indoor Pool	AquaWaves Dalia Indoor Pool	AquaWaves Kathy Indoor Pool		
9:30 -10:20 am	Spinfit Barry Spinfit Studio	Spinfit Carla Spinfit Studio	Spinfit Julie Spinfit Studio	Spinfit David Spinfit Studio	Spinfit Barry Spinfit Studio		
10:15-11:10 am						Spinfit Kim Spinfit Studio	
10:15-11:15 am							PowerPump Nick Fitness Studio
10:15-11:30 am			Restorative Gentle Yoga Katherine Social Hall				
10:30-11:30 am	Vitality Strength David Fitness Studio	Vitality Plus Kirsten Fit. Studio / Beginner Yoga Sylvia Social Hall	Vitality Plus David Fitness Studio	Vitality Strength Dalia Fitness Studio	Vitality Plus Carla Fitness Studio	PowerPump Dalia Fitness Studio	
11:30am-12:15 pm						Weight Training for Women Eduardo Fitness Centre	
11:30am-12:30 pm						Yin Yoga Holly Social Hall	Yin/Yang Yoga Holly Social Hall
11:45am-12:30 pm	Chair Zumba Gold Debbie Fitness Studio				Chair Yoga Joanne Social Hall		
12:00-12:45 pm		Rehabilitative Functional Fitness Ryan Social Hall	Weight Training for Women Ryan Fitness Centre	Rehabilitative Functional Fitness Ryan Social Hall			
12:15-1:00 pm	Core Yoga Carla Social Hall		Mat Pilates Ann Social Hall	Spinfit Kim Spinfit Studio	Core Stability Sarah Fitness Studio		
1:00-1:45 pm		Restorative Spinfit Marc Spinfit Studio					
1:00-2:00 pm	AquaMobility Kathy Indoor Pool		AquaMobility Kathy Indoor Pool	Tai Chi JoAnne Fitness Studio	AquaMobility Janet Indoor Pool		Tai Chi Mike Fitness Studio
1:00-3:00 pm							Krav Maga Ben Social Hall
2:00-2:45 pm		Aqua Running Janet Indoor Pool					
5:30-6:15 pm	Spinfit Marc Spinfit Studio	Introduction to Spinfit Marc, Kim Spinfit Studio	Core Yoga Raj Social Hall / Spinfit Carla Spinfit Studio				
5:45-6:30 pm		Triple Threat Dylan Fitness Studio					
6:00-6:45 pm				Uplift Janine Fitness Studio			
6:15-7:00 pm	Aqua Waves Allie Indoor Pool	Mindful Meditation Karl Zoom	Aqua Waves Allie Indoor Pool / Fusion Fitness Constance Fit. Studio				
6:30-7:30 pm	Uplift Stacey Fitness Studio						
6:45-7:30 pm		Shine Dance Fitness Andrea Fitness Studio					
7:00-7:45 pm	Weight Training for Women Eduardo Fitness Centre		Weight Training for Men Eduardo Fitness Centre	Shine Dance Fitness Stacey Fitness Studio			

LEGEND

Drop In/Ongoing:

- Fitness Studio
- Social Hall
- Indoor Pool
- Zoom

Registration Required

- Spinfit Studio
- Sessions Vary

Nordic Walking:
Sept 14 – Oct 26
No class: Oct 12

Aqua Mobility:
Sept 23 – Dec 18

Rehab Functional Fitness:
Sept 8 – Dec 16

Weight Training for Men:
WED Sept 9 – 30
or Oct 14-Nov 4
or Nov 18-Dec 9

Weight Training for Women:
MON Sept 14 – Oct 10
or Oct 19-Nov 9
or Nov 23 -Dec 14
WED Sept 9 – 30
or Oct 14-Nov 4
or Nov 18-Dec 9
SAT Sept 19-Oct 10
or Oct 24 – Nov 14
or Nov 28 – Dec 19

Intro to Spinfit
Sept 15, Oct 20,
Nov 1, Dec 15

Paid Programs

- Aqua Running
- Krav Maga
- Restorative Gentle Yoga

*See reverse or visit **jccottawa.com** for more details*

Contact: Carla (613) 798-9818 ext. 278, cgencher@jccottawa.com
Last Revised: October 28, 2026

Included in your Membership:

REGISTRATION IS REQUIRED REGISTER AT JCCOTTAWA.COM

Aqua Mobility Enhance joint mobility and flexibility through gentle water-based exercises, improving range of motion without straining joints. Ideal for those with arthritis, osteoporosis, back pain, joint replacements, and limited mobility. Exercises take place in shallow water, using various equipment for cardio, strength, balance, and walking. Experience the benefits of water exercise in a safe, supportive environment.

Monday, Wednesday, Friday
1:00-2:00 pm
Sept 23 – Dec 18
Instructor: Kathy Cook Dore, Janet Werk

Nordic Walking Nordic walking is a walking technique using poles to engage both the upper and lower body. It provides an effective full-body workout and is a fun, social activity. This 45-minute class will cover fundamentals and techniques to enhance your posture and gait. Participants must bring their own poles. The class will be held based on weather conditions.

Mondays
8:30-9:15 am
Sept 14 – Oct 26
Instructor: Ryan Armitage
(No class October 12)

Rehabilitative Functional Fitness
Designed for those recovering from injury or medical conditions (stroke, surgery, knee and hip) who are ready to get back on the move! Improve balance, mobility and functionality.

Tuesday and Thursday
12:00 – 12:45 PM
Sept 8 – Dec 16
Instructor: Ryan Armitage

Introduction to Weights and Fitness Age 12-15
Learn how to safely use the Fitness Centre equipment. Teens who complete this one-hour course gain full access to the Fitness Centre.
Registration for this class must be done by a parent in-person at the Front Desk.
Sundays 11:30 am – 12:30 pm
Instructor: Fitness Centre Staff

Introduction to Spinfit

Learn the fundamentals of Spinfit including bike setup, safety, resistance, and cadence. Enjoy a short ride set to motivating music and gain the confidence to join any spin class. Bring a bottle of water.

Tuesdays ▸ 5:30-6:15 pm
Sept 15 (Marc), Oct 20 (Kim)
Nov 17 (Kim), Dec 15 (Marc)
Included in Membership

Weight Training for Women New to weightlifting or looking for a refresher? This course, led by a fitness professional, will teach you how to use the fitness centre equipment and free weights. For women.

Monday ▸ 7:00-7:45 pm
Sept 14 – Oct 5 ***or*** Oct 19 – Nov 9
or Nov 23 – Dec 14
Instructor: Eduardo Dentone

Wednesday ▸ 12:00-12:45 pm
Sept 9 – 30, ***or*** Oct 14-Nov 4
or Nov 18-Dec 9
Instructor: Ryan Armitage

Saturday ▸ 11:30 am-12:15 pm
Sept 19-Oct 10 ***or*** Oct 24 – Nov 14
or Nov 28 – Dec 19
Instructor: Eduardo Dentone

Weight Training for Men New to weightlifting or looking for a refresher? This course, led by a fitness professional, will teach you how to use the fitness centre equipment and free weights. For men.

Wednesdays ▸ 7:00 – 7:45 PM
Sept 9 – 30, ***or*** Oct 14-Nov 4 ***or*** Nov 18-Dec 9
Instructor: Eduardo Dentone

Invest in the Best Version of You:

REGISTRATION IS REQUIRED REGISTER AT JCCOTTAWA.COM

Restorative Gentle Yoga Release tension and stress in a supportive, inclusive class. Build balance, strength, flexibility, and vitality with options for all levels. Focus on breath and mindfulness to leave refreshed. Maximum 8 participants

Wednesday 10:15 - 11:30 am
September 16 – December 16 • 13 classes
$140.25 SJCC Members
$187 Non Members
Instructor: Katherine Moss

Krav Maga This program is based heavily on Krav Maga and a variety of self protection strategies, will give you the skills needed to protect yourself from various situations.

Sunday 1:00–3:00 pm
September 27 – December 6 • 11 classes
$156.75 SJCC Members
$209 Non Members
Instructor: Ben Wallace

Aqua Running This class introduces deep-water running using flotation belts and lane supports. Designed to mimic land running without joint impact, it offers a low-impact cardio workout with guided intervals set to music to build endurance, coordination, and overall fitness.

Tuesday 2:00-2:45 pm
October 6 – November 10 • 6 classes
$60 SJCC Members
$80 Non Members
Instructor: Janet Werk
Maximum 12 participants

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One-on-one coaching and expert guidance tailored to you. Contact Carla or visit jccottawa.com

SolowayJCC

Group Fitness Schedule

Fall 2026

August 31 - December 20, 2026



Aquafit

Group Fitness

Spinfit

Soloway Jewish Community Centre
21 Nadolny Sachs Private, Ottawa, ON K2A 1R9

Contact: Carla Gencher (613) 798-9818 ext. 278